

200 Mental Health Journal Prompts

This Book Belongs to

Name: _____

Date:

Prompt # 1

Make a list of all your emotions right now – what comes to mind first?

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Name: _____

Date:

Prompt # 2

Think of the worst emotion or feeling you have right now and write about it.

This image shows a full page of white paper with horizontal dashed lines, typical of primary school handwriting practice paper. The lines are evenly spaced and run across the entire width of the page. There are no margins, text, or other markings present.

Name: _____

Date:

Prompt # 3

Think about the best emotion or feeling you have right now and write about it.

This image shows a full page of handwriting practice paper. It features multiple sets of horizontal dashed lines spaced evenly down the page, providing a guide for letter height and placement. The background is white, and the lines are light gray or black, typical of standard handwriting guides. There are no margins, text, or other markings on the page.

Name: _____

Date:

Prompt # 4

Do you remember what your first panic attack was like?

[illegible]

Name:

Date:

Prompt # 5

How did you find relief from that first panic attack?

Handwriting practice lines consisting of multiple sets of three horizontal lines (top, middle dashed, bottom) for writing practice.

Name: _____

Date:

Prompt # 6

Describe your worst panic attack ever – how did it start?

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Name: _____

Date:

Prompt # 7

If you have panic disorder, have you learned ways to deal with it?

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Name: _____

Date:

Prompt # 8

If you have daily generalized anxiety, what are some things you do to help manage it?

[illegible]

Name:

Date:

Prompt # 9

List 10 things that made you smile today.

This image shows a full page of a handwriting practice worksheet. It consists of multiple sets of three horizontal dashed lines, providing a guide for letter height and placement. The lines are evenly spaced across the entire page, which is otherwise blank.

Name: _____

Date:

Prompt # 10

List 10 thin List 3 things that made you feel anxious today.

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Name: _____

Date:

Prompt # 11

List 5 things you are currently stressed about.

[illegible]

Name: _____

Date:

Prompt # 12

List 5 things causing you stress, but that You have the ability to change.

This image shows a full page of primary-ruled paper. It features multiple sets of three horizontal dashed lines, which are commonly used in elementary school writing to guide letter height and placement. The lines are evenly spaced across the entire page, providing a template for handwriting practice. There is no text or other markings on the paper.

Name:

Date:

Prompt # 13

What situations make you the most fearful?

Handwriting practice lines for the response to Prompt # 13.

Name: _____

Date:

Prompt # 14

Is your anxiety worse in public or at home?

[illegible]

Name: _____

Date:

Prompt # 15

Do you get anxious while driving a car?

This image shows a full page of a worksheet designed for handwriting practice. It features 20 evenly spaced, horizontal dashed lines across the entire page, providing a guide for letter height and placement. The background is plain white, and there are no margins or additional markings.

Name:

Date:

Prompt # 16

Do you ever experience fight or flight mode?

This image shows a full page of handwriting practice paper. It features multiple sets of horizontal dashed lines spaced evenly down the page, providing a guide for letter height and placement. The background is white, and the lines are light gray. There is no text or other markings on the page.

Name: _____

Date:

Prompt # 17

Is your anxiety tied to a memory or experience?

This image shows a full page of a worksheet designed for handwriting practice. It features multiple sets of horizontal dashed lines spaced evenly down the page, providing a guide for letter height and placement. The background is plain white, and there are no other markings or text present.

Name:

Date:

Prompt # 18

Do you have a good support system for your anxiety?

[illegible]

Name: _____

Date:

Prompt # 19

Are there people in your life who understand and can relate to your anxiety disorder?

[illegible]

Name: _____

Date:

Prompt # 20

How is the way you deal with stress different now than when you were younger?

This image shows a full page of primary-ruled paper. It features multiple sets of horizontal dashed lines spaced evenly down the page, providing a guide for handwriting practice. The lines are light gray and extend across the entire width of the page. There are no margins, text, or other markings present.

Name:

Date:

Prompt # 21

What has your stress taught you about yourself?

[illegible]

Name: _____

Date:

Prompt # 22

If you could write a letter to any one fear, which one would it be?

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Name:

Date:

Prompt # 23

What is the worst thing about anxiety?

[illegible]

Name:

Date:

Prompt # 24

Is there anything good about having anxiety? Try to dig deep.

Handwriting practice lines consisting of 20 horizontal dashed lines on a light gray background.

Name: _____

Date:

Prompt # 25

Write about what you love about your life right now – think of only positive things.

[illegible]

Name:

Date:

Prompt # 26

Write about what you wish you could change, and what is required to change them.

[illegible]

Name:

Date:

Prompt # 27

Share gratitude for 3 people who are supporting you at this point in your life.

[illegible]

Name: _____

Date:

Prompt # 28

What is one problem causing you the most anxiety lately? What does this reveal about yourself?

This image shows a full page of white paper with horizontal dashed lines, typical of primary school handwriting practice paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Name: _____

Date:

Prompt # 29

What is your first warning sign of a panic attack coming?

[illegible]

Name:

Date:

Prompt # 30

Are all panic attacks the same?

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Name:

Date:

Prompt # 31

Have you figured out your anxiety triggers?

This image shows a full page of white paper with horizontal dashed lines, typical of primary school handwriting practice paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Name: _____

Date:

Prompt # 32

Write down all the anxiety or stress triggers you know about so far.

[illegible]

Name: _____

Date:

Prompt # 33

What is your elevator pitch for your anxiety?

This image shows a full page of blank handwriting practice paper. It features multiple sets of horizontal lines, each consisting of a solid top line, a dashed middle line, and a solid bottom line. These lines are evenly spaced across the entire page to guide letter formation and alignment. There is no text or other markings on the paper.

Name:

Date:

Prompt # 34

If a stranger asked for help with their anxiety, what would you say to them?

[illegible]

Name: _____

Date:

Prompt # 35

What are some internal thoughts that make you feel worse?

[illegible]

Name:

Date:

Prompt # 36

What is something you tend to dwell on, that increases your stress or anxiety?

[illegible]

Name: _____

Date:

Prompt # 37

If you could achieve anything in your life, what would it be?

[illegible]

Name: _____

Date:

Prompt # 38

What do you think is holding you back from achieving that goal?

[illegible]

Name: _____

Date:

Prompt # 39

Focus more on how you feel in your body, not in your mind, then write about it.

This image shows a full page of handwriting practice paper. It features multiple sets of horizontal dashed lines spaced evenly down the page, providing a guide for letter height and placement. The background is white, and the lines are light gray or black, typical of standard handwriting guides. There are no margins, text, or other markings on the page.

Name: _____

Date:

Prompt # 40

When you have bad anxiety, write how you feel, then count backwards from 100, and again write how you feel different afterwards.

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Name: _____

Date:

Prompt # 41

When is the last time you faced one of your fears?

[illegible]

Name: _____

Date:

Prompt # 42

What is a fear you get anxiety just thinking about?

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Name: _____

Date: _____

Prompt # 43

What are some songs that always cheer you up?

[illegible]

Name: _____

Date:

Prompt # 44

What would be on the music playlist that tells the story of your life?

[illegible]

Name: _____

Date:

Prompt # 45

Make yourself 10 promises and write into detail each one.

[illegible]

Name: _____

Date:

Prompt # 46

What do you feel is going wrong in your life right now?

[illegible]

Name: _____

Date:

Prompt # 47

Do you think your life is living up to your expectations?

[illegible]

Name:

Date:

Prompt # 48

What is something in your life that is the biggest surprise, worsening your stress?

[illegible]

Name:

Date:

Prompt # 49

What is something going right in your life?

A series of horizontal dashed lines for writing.

Name:

Date:

Prompt # 50

Name 3 things you can do to improve your situation and help with your stress.

[illegible]

Name: _____

Date:

Prompt # 51

How can you improve your mental health?

[illegible]

Name: _____

Date:

Prompt # 52

Name a time when your mental health suffered, but you improved it. What helped?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Name: _____

Date:

Prompt # 53

Make a list of 5 things you can do to help reduce your stress levels.

This image shows a full page of blank handwriting practice paper. It features multiple sets of horizontal lines, each consisting of a solid top line, a dashed middle line, and a solid bottom line, providing a guide for letter height and placement. The lines are evenly spaced and extend across the entire width of the page.

Name: _____

Date:

Prompt # 54

When times get tough, what it something you need to remind yourself?

[illegible]

Name: _____

Date:

Prompt # 55

Make a list of your greatest qualities and show appreciation for them.

[illegible]

Name: _____

Date:

Prompt # 56

Think about your most perfect, stress-free day and write what it's like.

This image shows a full page of white paper designed for handwriting practice. It features 20 evenly spaced horizontal dashed lines running from left to right across the entire width of the page. There are no margins, text, or other markings present.

Name: _____

Date:

Prompt # 57

Give yourself permission to not have all the answers – what does that look like for you?

[illegible]

Name:

Date:

Prompt # 58

Imagine a life where you never had anxiety. How is your life different?

This image shows a full page of primary-ruled paper. It features multiple sets of horizontal dashed lines spaced evenly down the page, providing a guide for handwriting practice. The background is white, and there are no margins or additional markings.

Name:

Date:

Prompt # 59

If you could tell someone else struggling with anxiety for the first time, what would you tell them?

[illegible]

Name:

Date:

Prompt # 61

Write a short story about someone with the same amount of stress you have – how do they overcome it?

[illegible]

Name: _____

Date:

Prompt # 62

Write a page where all you do is right positive, optimistic things, no matter how stressed you feel.

[illegible]

Name: _____

Date:

Prompt # 63

Now write a page where you list all your worries and fears.

[illegible]

Name:

Date:

Prompt # 64

Write a third journal entry about the previous two pages; did you find any clarity?

[illegible]

Name: _____

Date:

Prompt # 65

What are some activities you don't participate in because of your anxiety?

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Name: _____

Date:

Prompt # 66

Do you feel that your stress is keeping you from a full, happy life?

[illegible]

Name: _____

Date:

Prompt # 67

List 3 things you would do if you weren't afraid.

[illegible]

Name: _____

Date:

Prompt # 68

When you have thoughts spiral, how does it usually start?

This image shows a full page of blank handwriting practice paper. It features multiple sets of horizontal lines, each consisting of a solid top line, a dashed middle line, and a solid bottom line, providing a guide for letter formation and alignment. The lines are evenly spaced and extend across the entire width of the page.

Name:

Date:

Prompt # 69

Are these rooted in fear or stress, or reality?

Handwriting practice lines consisting of 20 horizontal dashed lines on a light gray background.

Name:

Date:

Prompt # 70

What thoughts tend to spiral the fastest?

Handwriting practice lines consisting of 20 horizontal dashed lines on a light gray background.

Name: _____

Date:

Prompt # 71

Why do you think you let your thoughts spiral into stress or anxiety?

[illegible]

Name: _____

Date:

Prompt # 72

Write down a list of 5-10 things you can do to distract you when thoughts begin spiraling.

[illegible]

Name: _____

Date:

Prompt # 73

What is your biggest anxiety trigger?

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Name: _____

Date:

Prompt # 74

What actions have you taken to reduce your anxiety trigger?

[illegible]

Name: _____

Date:

Prompt # 75

Do you have experience with cognitive behavioral therapy for anxiety?

[illegible]

Name:

Date:

Prompt # 76

How often do you get panic attacks?

Handwriting practice lines for the response.

Name:

Date:

Prompt # 77

What thoughts go through your mind when a panic attack starts?

[illegible]

Name:

Date:

Prompt # 78

How does your current stress level impact your life?

[illegible]

Name: _____

Date:

Prompt # 79

Name 3 people who often calm you down during an anxiety or stress moment?

[illegible]

Name:

Date:

Prompt # 80

Write a short story or poem about what you are currently anxious about.

This image shows a full page of handwriting practice paper. It features multiple sets of horizontal dashed lines spaced evenly down the page, providing a guide for letter height and placement. The background is white, and the lines are light gray or black, typical of standard handwriting guides. There are no margins, text, or other markings on the page.

Name:

Date:

Prompt # 81

Write a detailed explanation of what you have anxiety about – and the possible worst-case scenario.

[illegible]

Name: _____

Date:

Prompt # 82

Now write the same explanation, but with the best possible scenario.

[illegible]

Name:

Date:

Prompt # 83

Detail something you forgive yourself for, and why you deserve forgiveness.

[illegible]

Name:

Date:

Prompt # 84

Does an experience from your past cause you stress or anxiety today?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Name:

Date:

Prompt # 85

Write about what you are doing to try to mitigate this anxiety from something that has already happened.

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Name: _____

Date:

Prompt # 86

Meditate quietly and focus on your breathing. Then write a journal entry about your current state of mind.

[illegible]

Name: _____

Date:

Prompt # 88

Have you ever tried meditation for your anxiety?

This image shows a full page of handwriting practice paper. It features multiple sets of horizontal dashed lines spaced evenly down the page, providing a guide for letter height and placement. The background is white, and the lines are light gray or black, typical of standard handwriting guides. There are no margins, text, or other markings on the page.

Name:

Date:

Prompt # 89

What about mindfulness for your stress?

Handwriting practice area with 20 horizontal dashed lines.

Name: _____

Date:

Prompt # 90

Have you tried to practice mindfulness for your anxiety?

[illegible]

Name: _____

Date:

Prompt # 91

Find at least one productive thing you can do today to take your mind off your stress.

[illegible]

Name: _____

Date:

Prompt # 92

What is something you can add to your morning routine to help with your anxiety?

[illegible]

Name: _____

Date:

Prompt # 93

Do you have a nighttime routine that helps you relax and unwind in the evening?

[illegible]

Name: _____

Date:

Prompt # 94

If you don't have a nighttime routine, list 3 things you would like to add to it. Remember things that will reduce your anxiety, stress, and worry.

[illegible]

Name: _____

Date:

Prompt # 95

Exercise can be great for stress – write down 3 physical activities to try out in the future.

[illegible]

Name: _____

Date:

Prompt # 96

Write a short story about a fictional character dealing with stress or anxiety.

[illegible]

Name: _____

Date:

Prompt # 97

Now write about a fictional character with the same fears you deal with – how do they handle it?

[illegible]

Name:

Date:

Prompt # 98

Write about a superhero with the type of anxiety you have – how do they overcome it?

[illegible]

Name: _____

Date:

Prompt # 99

Write a poem about your current level of stress.

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Name: _____

Date:

Prompt # 100

Write a poem about your current anxiety and fears.

[illegible]

Name: _____

Date:

Prompt # 101

Make a list of everything causes you stress today, at this moment.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Name: _____

Date:

Prompt # 102

Take that list of stresses and find at least one way to deal with each one.

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Name:

Date:

Prompt # 103

What do you think your biggest issues in life are teaching you about yourself?

[illegible]

Name:

Date:

Prompt # 104

What are some negative things in your life you give too much energy to?

Handwriting practice area with 20 horizontal dashed lines.

Name: _____

Date:

Prompt # 105

What is a way you can give less energy to negative things?

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings present.

Name:

Date:

Prompt # 106

What are some positive things you want to give more energy to?

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Name:

Date:

Prompt # 107

What are 3 things you love about your life, that you are grateful for constantly?

[illegible]

Name: _____

Date:

Prompt # 108

Being creative is great for stress – what do you do each day that is creative?

This image shows a full page of primary-ruled paper. It features multiple sets of horizontal dashed lines spaced evenly down the page, providing a guide for handwriting practice. The background is white, and there are no margins or additional markings.

Name: _____

Date:

Prompt # 109

Creativity also helps with anxiety – can you start a new art or craft project to deal with your fears?

[illegible]

Name: _____

Date:

Prompt # 110

Since you have dealt with anxiety, you know how to help others. How are you helping someone else with their own anxious feelings?

[illegible]

Name:

Date:

Prompt # 111

Draw a picture of what anxiety means to you.

A large rectangular area with horizontal dashed lines, intended for drawing. The area is light gray and contains 20 horizontal dashed lines spaced evenly apart.

Name:

Date:

Prompt # 112

Draw something that you see when you experience depression.

A large rectangular area with horizontal dashed lines, intended for drawing. The lines are evenly spaced and run across the width of the area.

Name:

Date:

Prompt # 113

Draw a picture representing your feelings or emotions right now.

A large rectangular area with horizontal dashed lines, intended for drawing a picture representing feelings or emotions.

Name: _____

Date:

Prompt # 114

Assign a color to your stress. What color did you choose and why?

[illegible]

Name:

Date:

Prompt # 115

What type of journaling did you do before experiencing anxiety?

[illegible]

Name: _____

Date:

Prompt # 116

Do you feel that your journaling experience is different now?

[illegible]

Name:

Date:

Prompt # 117

How has journaling helped your mental health so far?

[illegible]

Name: _____

Date:

Prompt # 118

What is it you hope to get out of journaling for stress?

This image shows a full page of handwriting practice paper. It features multiple sets of horizontal dashed lines spaced evenly down the page, providing a guide for letter height and placement. The background is white, and the lines are light gray or black, typical of standard handwriting guides. There are no margins, text, or other markings on the page.

Name:

Date:

Prompt # 119

Write a list of ways you could use your journal more effectively.

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting practice. There are no margins, text, or other markings on the page.

Name:

Date:

Prompt # 120

What are your goals for your anxiety?

[illegible]

Name: _____

Date:

Prompt # 121

Do you have any goals for overcoming your stress?

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Name: _____

Date:

Prompt # 122

List some goals in your life all about self-improvement and personal development.

[illegible]

Name: _____

Date:

Prompt # 123

What have you done only for yourself and your own wellbeing lately?

[illegible]

Name: _____

Date:

Prompt # 124

In what areas of your life, do you feel like you need to spend more time and energy?

[illegible]

Name: _____

Date:

Prompt # 125

What do you want others to know about your anxiety?

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Name: _____

Date:

Prompt # 126

What types of anxiety disorders do you have? Have you been diagnosed professionally?

[illegible]

Name: _____

Date:

Prompt # 127

Do you ever experience depression of any kind?

[illegible]

Name: _____

Date:

Prompt # 128

Write a summary of your mental health status right now.

[illegible]

Name: _____

Date:

Prompt # 129

How has your mental health changed in the past few years?

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting practice. There are no margins, text, or other markings on the page.

Name: _____

Date:

Prompt # 130

Where would like to see your mental health and wellness in the next 5 years?

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Name: _____

Date:

Prompt # 131

If a close friend had your same level of stress, what advice would you give them?

[illegible]

Name: _____

Date:

Prompt # 132

Write down 3 things, in detail, that always make you feel better no matter what.

[illegible]

Name: _____

Date:

Prompt # 133

What would you like to be remembered for?

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Name:

Date:

Prompt # 134

How can you make your life more memorable?

Handwriting practice lines for the prompt: How can you make your life more memorable?

Name: _____

Date:

Prompt # 135

What does self-care mean to you?

[illegible]

Name: _____

Date:

Prompt # 136

What areas of self-care do you need to improve?

[illegible]

Name: _____

Date:

Prompt # 137

What is something that makes you feel safe when you experience anxiety?

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Name: _____

Date:

Prompt # 139

Is your anxiety worse out in public or at home?

[illegible]

Name: _____

Date:

Prompt # 140

Do you have anxious thoughts while alone, or with other people?

[illegible]

Name: _____

Date:

Prompt # 141

Have you ever tried changing your diet or reducing caffeine for your anxiety?

[illegible]

Name: _____

Date:

Prompt # 142

Do panic attacks come on slowly, or suddenly?

[illegible]

Name: _____

Date:

Prompt # 143

Have you ever talked to a doctor about your anxiety?

[illegible]

Name: _____

Date:

Prompt # 144

Have you experienced physical changes due to your anxiety?

This image shows a full page of white paper with horizontal dashed lines, typical of primary school handwriting practice paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Name: _____

Date:

Prompt # 145

How is your stress affecting you on a physical level?

[illegible]

Name: _____

Date:

Prompt # 146

Have you ever talked to your doctor about your stress?

[illegible]

Name:

Date:

Prompt # 147

How did you handle stress as a child compared to now as an adult?

Handwriting practice lines for the response.

Name: _____

Date:

Prompt # 148

Do you have kids who experience similar anxiety to you?

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Name: _____

Date:

Prompt # 149

What are some ways you are supporting your kids with their own mental health?

This image shows a full page of white paper with horizontal dashed lines, typical of primary school handwriting practice paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Name:

Date:

Prompt # 150

List the different ways your life would be different without anxiety or stress you have now.

[illegible]

Name: _____

Date:

Prompt # 151

Do you remember what life was like before you had anxiety?

[illegible]

Name: _____

Date:

Prompt # 152

If you could visit anywhere right now, regardless of your anxiety, it would be...

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Name: _____

Date:

Prompt # 153

Self-care is important for your mental health – make a list of 3 ways to add more self-care to your daily routine.

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting practice. There are no margins, text, or other markings on the page.

Name:

Date:

Prompt # 154

When you wake in the morning, what are the first thoughts to go through your mind?

[illegible]

Name:

Date:

Prompt # 155

Do you sleep soundly, or is your sleep suffering?

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Name:

Date:

Prompt # 156

How do you help your sleep habits – in a healthy way?

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Name: _____

Date:

Prompt # 157

What has been your experience using essential oils for stress and/or anxiety?

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Name: _____

Date:

Prompt # 158

Do you like to read to distract your mind?

[illegible]

Name: _____

Date:

Prompt # 159

What healthy habits can you start incorporating more often?

[illegible]

Name: _____

Date:

Prompt # 160

What are your personal top 3 ways to stop a panic attack?

[illegible]

Name: _____

Date:

Prompt # 161

How can you show yourself more compassion?

[illegible]

Name: _____

Date:

Prompt # 162

What are some ways you can show others compassion?

This image shows a full page of handwriting practice paper. It features multiple sets of horizontal dashed lines spaced evenly down the page, providing a guide for letter height and placement. The background is white, and the lines are light gray. There is no text or other markings on the page.

Name: _____

Date:

Prompt # 163

Do you feel your stress comes from a lack of compassion or a feeling of self-worth?

This image shows a full page of handwriting practice paper. It features multiple sets of horizontal dashed lines spaced evenly down the page, providing a guide for letter height and placement. The background is white, and the lines are light gray or black, typical of standard handwriting guides. There are no margins, text, or other markings on the page.

Name: _____

Date:

Prompt # 164

How confident are you as a person?

[illegible]

Name:

Date:

Prompt # 165

What are some specific situations that cause more stress?

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Name: _____

Date: _____

Prompt # 166

Why do you think these situations give you that stress response?

[illegible]

Name: _____

Date:

Prompt # 167

Write a letter to someone who has been a negative influence in your life.

[illegible]

Name: _____

Date:

Prompt # 168

Write a letter to someone who has had a positive influence in your life.

[illegible]

Name:

Date:

Prompt # 169

Write a letter to yourself about your stress and/or anxiety.

This image shows a full page of handwriting practice paper. It features multiple sets of horizontal dashed lines spaced evenly down the page, providing a guide for letter height and placement. The background is white, and the lines are light gray or black, typical of standard handwriting guides. There are no margins, text, or other markings on the page.

Name: _____

Date:

Prompt # 170

Write a letter to someone who has been a good support system for you.

[illegible]

Name: _____

Date:

Prompt # 171

What is the kindest thing to do for yourself when you experience emotional pain?

[illegible]

Name: _____

Date:

Prompt # 172

What are some negative thoughts you don't want to have anymore?

[illegible]

Name:

Date:

Prompt # 173

What are your favorite words you live by?

Handwriting practice lines for the prompt: "What are your favorite words you live by?"

Name: _____

Date:

Prompt # 174

If a past negative experience is affecting your mental health now, write it all out, then move on from it.

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Name:

Date:

Prompt # 175

What is your own definition of unconditional love?

[illegible]

Name: _____

Date:

Prompt # 176

Describe a situation where you want to forgive the person, even if it means forgiving yourself.

[illegible]

Name: _____

Date:

Prompt # 177

What types of thoughts keep you up at night?

[illegible]

Name: _____

Date:

Prompt # 178

What motivates you the most in times of stress?

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Name: _____

Date:

Prompt # 179

What motivates you in times of extreme anxiety?

[illegible]

Name:

Date:

Prompt # 180

Who or what inspires you the most?

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Name: _____

Date:

Prompt # 181

What is a secret you have never told anyone?

This image shows a full page of handwriting practice paper. It features multiple sets of horizontal dashed lines spaced evenly down the page, providing a guide for letter height and placement. The background is white, and the lines are light gray. There is no text or other markings on the page.

Name: _____

Date:

Prompt # 182

In terms of your anxiety, what do you think is the very worst thing that could happen?

This image shows a full page of primary-ruled paper. It features multiple sets of horizontal dashed lines spaced evenly down the page, providing a guide for handwriting practice. The background is white, and there are no margins or additional markings present.

Name: _____

Date:

Prompt # 183

Have you noticed any consequences due to your anxiety or stress?

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Name: _____

Date:

Prompt # 184

Anxiety isn't always a bad thing – what are some ways it might have helped you?

[illegible]

Name:

Date:

Prompt # 185

What are the different levels of stress you tend to experience?

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Name: _____

Date:

Prompt # 186

What do you believe are your greatest strengths?

[illegible]

Name:

Date:

Prompt # 187

What do you love about your life?

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Name:

Date:

Prompt # 188

Name an accomplishment you want everyone to know about.

[illegible]

Name: _____

Date:

Prompt # 189

What is a dream or nightmare you have yet to forget?

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Name: _____

Date:

Prompt # 190

What are usually your final thoughts before sleep?

[illegible]

Name:

Date:

Prompt # 191

What gives you more self-confidence?

Handwriting practice lines for the prompt: "What gives you more self-confidence?"

Name:

Date:

Prompt # 192

What gives you more self-confidence?

Handwriting practice lines consisting of 20 horizontal dashed lines on a light gray background.

Name: _____

Date:

Prompt # 193

What was the worst thing ever done to you?

[illegible]

Name: _____

Date:

Prompt # 194

How have you not let anxiety keep you from living your life?

This image shows a full page of white paper with horizontal dashed lines, typical of primary school handwriting practice paper. The lines are evenly spaced and run across the entire width of the page. There are no margins, text, or other markings present.

Name:

Date:

Prompt # 195

What are your strongest emotions or feelings in the middle of the night?

Handwriting practice lines consisting of 20 horizontal dashed lines.

Name: _____

Date:

Prompt # 196

What are some things you say no to because of your anxiety or stress?

[illegible]

Name:

Date:

Prompt # 197

What are some things you want to say yes to?

Handwriting practice lines consisting of 20 horizontal dashed lines on a light gray background.

Name: _____

Date:

Prompt # 198

What is something you could never live without?

[illegible]

Name: _____

Date:

Prompt # 199

How do you feel you could have more peace in your life?

[illegible]

Name: _____

Date:

Prompt # 200

What has been your biggest lesson so far in your mental health journey?

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